

Spring Fitness Classes

Registration begins Tuesday, March 12, 2019 at 9:00 a.m.

Register in person or online: <https://frederickcountymd-gov.3dcartstores.com>
(classes are not prorated for late starts/absences)

Yoga

Yoga offers tools to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Open to all, regardless of yoga experience. Please bring a yoga mat.

Instructor: Larissa Harrington

Date: Mondays, starting April 8

Time: 12:45-2:00 p.m.

Cost: \$30 per person, 10 weeks

Date: Wednesdays, starting April 10

Time: 12:15-1:30 p.m.

Cost: \$30 per person, 10 weeks

Daily Exercise

Come exercise with us! These videos are made especially for seniors. Videos includes stretching, strength, balance, mobility and cardio exercises. Each day is a different video. This is an on-going program so come as often as you can.

Dates/Times:

Mondays: 10:45 a.m.

Tuesdays: 9:30 & 10:45 a.m.

Wednesdays: 9:30 & 10:45 a.m.

Thursdays: 10:45 a.m.

Cost: Free, video exercise, no instructor

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, starting April 11

Time: 1:15-2:15 p.m.

Cost: \$30 per person, 10 weeks

Instructor: Mary Anne Williams

Tai Chi: Advanced

Improve Balance & Strength of Body

Achieve Clarity & Focus of Mind

Gain Calmness & Lightness of Spirit

(instructor permission needed to register)

Date: Mondays, starting April 8

Time: 11:30 a.m.-12:30 p.m.

Cost: \$45 per participant, 10 weeks

Instructor: Claudia Olson

Strength Training

Strength training improves your daily living! This is an on-going program so come as often as you can. (The senior center has a limited number of weights so feel free to bring your own weights.)

Date: Mondays & Thursdays

Time: 9:30-10:15 a.m.

Cost: Free, video exercise, no instructor

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

Like us on Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter-FrederickCountyMD)

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www.FrederickCountyMD.gov/seniorservices